

MAKE YOUR RECIPES WORK FOR YOU

Step-by-Step Stir-Fry

This recipe can be made for less than \$1 a serving!

Choose ingredients from the list on the right and follow the directions below to make a tasty meal for four.

1. Cook grains following package directions.
2. While grains cook, begin making stir-fry: Start first by cooking any meat or poultry for the required cooking time. Transfer to a bowl. If you're using tofu or edamame as a protein, cook with veggies in step 3.
3. Add veggies to skillet. Start with harder veggies first; as they soften, begin adding softer veggies and keep cooking.
4. Add sauce to cooked veggies and cook until thickened.
5. Stir in meat or poultry. Serve over cooked grains.



Ingredients

GRAIN (1 cup dry)

- Brown rice
- Whole grain couscous
- Instant barley
- Rice noodles or whole grain pasta

PROTEIN

- Boneless, skinless chicken breasts or thighs (trimmed and cut into bite-size pieces) - 1 lb
- Sirloin or flank steak (trimmed and cut into bite-sized pieces) - 1 lb
- Pork tenderloin or boneless loin chops (trimmed and cut into bite-sized pieces) - 1 lb
- Extra-firm tofu (drained and cut into 1-inch pieces) - 1 lb
- Frozen edamame (thawed and drained) - 2 cups

VEGGIES (2-3 cups total, any combination)

- Bell pepper, zucchini or yellow squash, sliced
- Carrots or celery, sliced
- Snow peas or green beans, trimmed
- Broccoli or cauliflower florets
- Mushrooms or onion, sliced

SAUCE (choose one)

- Peanut sauce: 1/4 cup peanut butter, 1/3 cup warm water, 1/4 cup low-sodium soy sauce, 2 Tbsp cider vinegar, and 1 Tbsp sugar
- Lemon stir-fry sauce: 3 Tbsp lemon juice, 3 Tbsp low-sodium soy sauce, and 2 teaspoons cornstarch

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COOKING MATTERS TIPS

- Whole grains contain fiber, vitamins, minerals and antioxidants. Consuming them can help you maintain a healthy weight. Not sure how to identify whole grains? Make sure the first ingredient says "whole."
- To make them last longer, store broccoli and carrots in a plastic bag or container in the refrigerator.
- You can use fresh, frozen OR canned veggies for this dish so it's easy to adjust for your family's needs and budget.

FOR MORE TIPS TO PURCHASE AND PREPARE HEALTHY FOODS
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